

Mid-Summer Madness 2026 – Level 3 Long Course (Level 3 License No.3ER26TBC)

Sportspark, UEA, Norwich: Saturday 4th - Sunday 5th July 2026

Under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria

Venue	Sportspark, UEA, Norwich, NR4 7TJ
Pool	8 Lane Long Course Racing Pool Electronic Timing & 8-Lane Display Backstroke Ledges Free Parking
Age Groups:	9, 10, 11, 12, 13, 14 and over Ages as at 5th July 2026
Awards	Medals to Podium Finishes in all events, all age groups Top Open/Male Athlete & Top Female Athlete Awards

*** Level 3 Long Course Meet ***
*** 8 Lane Long Course Racing Pool, Electronic Timing, Quality Racing Blocks ***
*** Backstroke Ledges ***
*** Free Parking ***
*** Real Time Results on Meet Mobile – Free WIFI ***

Events	50m, 100m, 200m All Strokes 400m Freestyle
Fees	Race Entry Fee: £8.00 per event Heat Sheets/Programmes: Meet Mobile Spectator Entry: £5 per session
Entries to:	Tracey Spinner, email: tbirdspinner@gmail.com Enquiries can be e-mailed to tbirdspinner@gmail.com - call/text 07970289643
Closing Date	Friday 12th June 2026 Entries accepted on first-come first-served basis

City of Norwich Swimming Club Mid-Summer Madness Meet 2026 - Long Course (Level 3 License No. 3ER26TBC)

Sportspark ,UEA, Norwich: Saturday 4th - Sunday 5th July 2026

The meet will be run under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria and these conditions.

1. The event will be held at Sportspark, UEA, on 4th – 5th July 2026, held under Swim England Regulations, Swim England Technical Rules and to the Swim England Open Meet Licensing Criteria and these conditions. Entries may only be accepted from Swim England, Swim Scotland or Swim Wales members; or competitors from one of the countries affiliated to World Aquatics.
2. **Competitors' age shall be as at 5th July 2026.**
3. All entries must be long course times or converted short course times, and must be **slower** than the cut off times listed. Swimmers with no times may also enter. Swimmers wishing to enter who are faster than the cut off times are permitted, but will be listed as "exhibition swims" and will not be eligible for medals.
4. Club, entries **MUST** be submitted electronically with a summary form, Hytek TM Entry File, Entry Report. Payment by BACS to Account 00919204, Sort 30-96-17, City of Norwich Swimming Club once accepted entries are published. Make reference to MSM26 and your club short form name.
5. Entry file and summary form must be received by 12/06/2026. Payment after accepted entries are published. Entries will be accepted on a first come first served basis. Entries landing that exceed capacity will be added to the waiting list and may be rejected on an event specific basis.
6. Entries will be made using Female/Male competition categories, as these are the categories recognised by the meet management software at this time. There will be a transition into the use of Female and Open/Male as the new competition categories following the implementation of the Swim England Transgender and Non-binary Competition Policy.
7. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
8. Swimmers in possession of Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class (S1-S15) may enter the competition. An entry time from Swim England Rankings must be provided. Personal care attendants are permitted for swimmers who require them without the need for an additional Poolside Pass.
9. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
10. The meet will have a venue imposed capacity limit based on bather numbers per warmup and per session. This will be revised if/as any further guidance is published. A waiting list will be in operation for additional swimmers/clubs if feasible.
11. Received entries will be published on www.cityofnorwichsc.co.uk approx 1 week after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of mistakes or changes required. Club contacts will be notified of rejections where/if appropriate. No on the day entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
12. There will be no refund of entry fees unless entries are rejected by City of Norwich SC if the meet is oversubscribed.
13. The meet promoter may check entries against rankings. Falsely entered times will be rejected without a refund.
14. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawals should be made using a swim-meet link within 15m of the warmup start for each session.
15. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m. A secondary strobe for the starting system is available.
16. Competitors must report to the marshalling area in the Beach Hut in a safe and timely manner, normally 1 event prior to their own, where they will be placed in start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the club/swimmer's duty to check the start lists and report in a timely manner.
17. Heats will be seeded on submitted times and spearheaded. All events are timed finals.
18. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings. **UEA Sportspark lockers require a padlock which you should bring with.** Please minimise the number of kit bags brought poolside.
19. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials, coaches/team managers has been passed to use by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the club should be able to provide evidence to us that such consent has been given. Please see "Meets Privacy Policy" at <https://www.cityofnorwichsc.co.uk/> for further information.
20. Closing date for full entry submission is **12.00 noon on 12th June 2026** and received entries published within 7 days.
21. Charges as follow:
 - Entry Fees £8.00 per event
 - Poolside Passes: £15 no food, £30 with food for weekend.
 - Spectators will be charged £5 per session.
 - Programmes and Heat Sheets – all on Meet Mobile.
22. Poolside passes will not be sold on the day. Please ensure you comply with the Swim England Coach/Team Manager/Chaperone policy.
23. In accordance with the Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the Promoter. There must be no use of phones or mobile devices in the changing area.
24. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
25. Warm up protocol: No diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. Swimmers using sprint lanes must swim 15m before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Backstroke ledges will be made available for the sprint lanes.
26. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and the Swim England Technical Rules.

We hope you have an enjoyable meet and please let us know of anything you think could help us to improve the meet in the future

City of Norwich Swimming Club Mid-Summer Madness 2026

Long Course Format - (Level 3 License No. 3ER26TBC)

Sportspark, UEA, Norwich: Saturday 4th - Sunday 5th July 2026

Saturday 4 th July 2026 - Session 1			Sunday 5th July 2026 – Session 3		
101	Open/Male	200 Breast	301	Female	200 Breast
102	Female	200 IM	302	Open/Male	200 IM
103	Open/Male	100 Back	303	Female	100 Back
104	Female	100 Fly	304	Open/Male	100 Fly
105	Open/Male	50 Fly	305	Female	50 Fly
106	Female	50 Back	306	Open/Male	50 Back
107	Male	400 Freestyle	307	Female	400 Freestyle
Saturday 4 th July 2026 – Session 2			Sunday 5th July 2026 – Session 4		
201	Female	200 Free	401	Open/Male	200 Free
202	Open/Male	200 Fly	402	Female	200 Fly
203	Female	100 Breast	403	Open/Male	100 Breast
204	Open/Male	100 Free	404	Female	100 Free
205	Female	50 Free	405	Open/Male	50 Free
206	Open/Male	50 Breast	406	Female	50 Breast
207	Female	200 Back	407	Open/Male	200 Back

Detail on warmup times and session times will be posted with accepted entries. First warmup of each day - 8.30am.

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Cut off Times – Long Course *(Swimmers must be SLOWER than these times, age as at 5th July 2026)*

		OPEN/MALE						FEMALE					
Event		9	10	11	12	13	14+	9	10	11	12	13	14+
Freestyle 50m	Cut off	36.00	34.00	33.00	30.00	28.00	25.00	36.00	34.00	31.00	30.00	28.00	27.00
Freestyle 100m	Cut off	1.13.00	1.10.00	1.07.00	1.04.00	58.00	53.00	1.15.00	1.11.00	1.08.00	1.04.00	1.02.00	59.00
Freestyle 200m	Cut off	2.40.00	2.32.00	2.24.00	2.16.00	2.06.00	1.56.00	2.44.00	2.33.00	2.24.00	2.18.00	2.10.00	2.05.00
Freestyle 400m	Cut off	5:30.00	5:15.00	5:00.00	4:40.00	4:20.00	4:10.00	5:30.00	5:15.00	5:00.00	4:40.00	4:30.00	4:20.00
Breaststroke 50m	Cut off	42.00	39.50	37.50	35.50	33.50	31.00	45.00	43.00	41.00	38.00	37.00	34.00
Breaststroke 100m	Cut off	1.29.50	1.25.50	1.21.50	1.17.50	1.13.50	1.07.50	1.34.00	1.29.00	1.25.00	1.19.00	1.17.00	1.13.00
Breaststroke 200m	Cut off	3:10.00	3:00.00	2:50.00	2:40.00	2:30.00	2:25.00	3:15.00	3:10.00	3:00.00	2:45.00	2:40.00	2:30.00
Butterfly 50m	Cut off	37.50	35.50	33.50	31.50	29.50	26.50	39.00	37.00	35.00	33.00	30.00	29.00
Butterfly 100m	Cut off	1.23.00	1.19.00	1.15.00	1.11.00	1.06.00	1.00.00	1.23.00	1.20.00	1.16.00	1.12.00	1.07.00	1.03.00
Butterfly 200m	Cut off	3:00.00	2:50.00	2:40.00	2:30.00	2:20.00	2:10.00	3:00.00	2:50.00	2:40.00	2:30.00	2:20.00	2:15.00
Backstroke 50m	Cut off	40.50	38.50	36.50	34.50	31.50	28.00	40.00	38.00	36.00	34.00	33.00	30.00
Backstroke 100m	Cut off	1.24.00	1.20.00	1.16.00	1.12.00	1.05.00	1.00.00	1.24.00	1.20.00	1.18.00	1.13.00	1.08.00	1.05.00
Backstroke 200m	Cut off	3:00.00	2:50.00	2:40.00	2:30.00	2:20.00	2:10.00	3:00.00	2:50.00	2:40.00	2:30.00	2:25.00	2:20.00
Ind Medley 200m	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	2.14.00	2.58.00	2.50.00	2.44.00	2.38.00	2.28.00	2.22.00

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External Club Summary Entry Form

Please return this completed form with your electronic entry file:

NB The club electronic entry file must be emailed to: tbirdspinner@gmail.com.

Closing date for full entry submission: Friday 12th June 2026

Club Name:			
Contact Name:			
Email Address:			
Telephone No:			
Entry Details:			
		Number	Cost
Individual entries	@ £8.00 per event		£
Coach or TM Pass	@£15.00 No Food		£
	@£30.00 with Food		
TOTAL			£

* If you wish to pay by BACs please make payment to Account: 00919204; Sort 30-96-17; Ref MSM26 and add your club code. Email tbirdspinner@gmail.com to confirm payment has been made.

Officials should put their names forward using the [Swim-Meet Officials Link](#)
 Officials are asked to wear black trousers and white shirts.

Volunteers should put their names forward using the [Volunteers Swim-Meet Link](#):

Checklist – By the Closing Date Friday 12th June 2026 please ensure you have:

Emailed:
 Hytek Entry File
 Hytek Meet Entry Report
 (BACS Transfer)

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INDIVIDUAL ENTRY FORM FOR VISITING CLUBS									
FORENAME:		SURNAME:							
CLUB:		AGE (@ 05/07/26):							
SEX:	OPEN/MALE/FEMALE	DATE OF BIRTH:							
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:							
TELEPHONE NO:		SE NO							
EVENT	COST PER EVENT	ENTRY TIME (LC)	IF CONVERTED STATE SHORT COURSE TIME:						
50M FREESTYLE	£8								
100M FREESTYLE	£8								
200M FREESTYLE	£8								
400M FREESTYLE	£8								
50M BACKSTROKE	£8								
100M BACKSTROKE	£8								
200M BACKSTROKE	£8								
50M BREASTSTROKE	£8								
100M BREASTSTROKE	£8								
200M BREASTSTROKE	£8								
50M BUTTERFLY	£8								
100M BUTTERFLY	£8								
200M BUTTERFLY	£8								
200M IM	£8								
	<i>Total Events</i>		£						
<i>CoNSC Swimmers Admin Fee/Visiting Clubs individual manual entry fee</i>		£8	£						
		Total:	£						

CLOSING DATE FOR ENTRIES IS 12:00 Midday ON Friday 12th June 2026

Please return this form and/or an "Entries Summary Form" as appropriate, to Tracey Spinner, tbirdspinner@gmail.com, with BACS payment to Acct: 00919204, Sort 30-96-17, using the reference MSM26 and the first 4 letters of your swimmer's surname.

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Poolside Pass Application Form

Closing date 12th June 2026

Coaches and Team Managers are only permitted poolside if they are participating in a session and are in possession of a SE Membership Number, valid DBS, valid Safeguarding, and relevant qualification Coach/Team Manager 1 or 2. Please list the names and details of those planning to attend, and the number of passes required. If different people are attending on different days one pass may be shared. Make sure you adhere to the SE TM/Coach/Chaperone policy [here](#).

Club Name:					
Name	Email if pass holder requires info	Qualification	SE Number	DBS Expiry Date	Safeguarding Expiry Date
Number of Poolside Passes without food @ £20			Total Sent:		£
Number of Poolside Passes with food @ £30			Total Sent:		£

Poolside Passes will not be available on the day. There will be no access to poolside without a coach's pass. There is no charge for poolside passes for disability swimmers where assistance is required. All completed forms to be returned to: **Tracey Spinner**, tbirdspinner@gmail.com